

Beef

Beef Valencia

Women's Day Magazine - Jan 1, 2008

www.womensday.com

Servings: 4

Preparation Time: 8 minutes

Start to Finish Time: 18 minutes

Alternative preparations:

Add some sliced red onion and chopped cilantro to the orange-olive mixture.

Rub the steak with ground cumin before cooking.

Substitute pork chops for the steak.

4 6-ounce 3/4-inch-thick boneless shell steaks

2 navel oranges, peel and pith removed, cut into sections

3/4 cup Goya Alcaparrado (Manzanilla olives, pimientos and capers)

Season the steaks with 1/2 teaspoon of pepper and 1/4 teaspoon of salt.

In a large nonstick skillet, heat one teaspoon of oil over medium-high heat.

Add steaks and cook, turning once, for 6 to 7 minutes for medium-rare.

Meanwhile, in a medium bowl, mix the oranges, Alcaparrado and 1/4 teaspoon of pepper.

Serve the steaks topped with the mixture.

Per Serving (excluding unknown items): 32 Calories; trace Fat (1.5% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit.